February 1, 1983

To Whom It May Concern:

Please excuse the informality of this letter but I am so nervous I wonder if I can completely make this sound to you that I'm not the "crazy" that everyone thinks I am—

Dr. Bonroe I've been experiencing sick vibrations up your spine about on your book, Journeys Out of the Body. My whole experience sounds almost exactly like you described from the bright beam of light to these terrible vibrations—

I am unable to sleep at night or really

any other time because they never seem to stop. I feel I'm being levitated all the time. It's mostly in my toes all the time.

Yes, I've been to see a psychiatrist, and yes you were right about them saying I'm psychotic, schizophrenic, stark etc etc.

I know damn well this is really the most terrifying thing one can imagine and not be able to explain to or make anyone else understand what is happening.

My main reason

I'm writing right now
just to plead with you
to give me some sort
of comfort that these
will stop eventually. If
you can.

The air hiss drives me
"crazy" (pardon the expression)
and the tranquilizers did
not help. I hear a
"clicking" and "popping" sound
constantly too. I do see
the grey cloud and vapourous
round "blob" most of the time.

I can't seem even to keep my
(mind?) on this letter from
the fear.

I'll stop for now and
hope that someone

will kindly reply to this as soon as possible.

Can anything be done to relieve this fear or just what should I do?

Respectfully Yours